

# Seafood Salad

Recipes for seafood salad have changed over the years. Once upon a time, tuna cans were so tightly packed with tuna there was no room for water. Now, that's not the case. This has been known to lead to watery tuna or seafood salad, based on older recipes. This recipe must be adjusted each time it is made due to varying liquid amounts in the cans. Many variations on basic tuna salad exist, including mixing it with cooked noodles. This is not a safe salad to take on a picnic beyond the backyard. It will spoil quickly if unrefrigerated.

## Pre Cook Preparation:

- Marinate: No, though it is better after 12 hours of refrigeration
- B. Timer set to the time to begin preparation prior to cooking
- C. Stay with meal to stir frequently

## Meal Adaptations:

### Physical Accommodations:

- Frozen or canned vegetables can be used
- Sit on a stool while stirring

### Visual Accommodations:

- Colored chopping boards

## Potential Food Allergy or Intolerance:

- Crab
- Cracker crumbs (gluten)
- Eggs
- Mayonnaise
- Mushrooms
- Onions
- Pepper
- Relish (peppers)
- Shrimp
- Spices
- Tuna

**Meatless Preparation Avoid:**

Crab

Eggs

Tuna

Shrimp

Substitute with: \_\_\_\_\_

**Utensils:**

Chopping board

Fork

Mixing bowl

Wooden Spoon

Pan: None

**Ingredients:****Meat:**

6.5 ounces of crab

4 boiled eggs

5 ounces of baby shrimp

5 ounces of tuna

**Vegetables:****Optional:**

6 ounces of peas

**Other ingredients:**

1/4 cup chopped celery

1/2 cup of mayonnaise (adjust as needed)

1/4 cup chopped onion

2 tablespoons of pickle relish (or diced pickles)

Dash of salt

**Optional:**

Garlic powder

Cracker crumbs (gluten free)

Lemon pepper

Spices, such as pepper, to taste

**Preparation time: 10 minutes**

**Preparation:**

1. Boil at full boil for 10 minutes 4 eggs.  
Takes about 45 minutes to an hour.
2. Chop and add to medium sized mixing bowl:
  - 1/4 cup of celery
  - 6.5 ounces of crab
  - 4 boiled eggs
  - 1/2 cup of mayonnaise (adjust as needed)
  - 1/4 cup of onions
  - 2 tablespoons of pickles
  - 5 ounces of baby shrimp
  - 5 ounces of tunaOptional:
  - 6 ounces of peas
  - Spices such as pepper to taste
  - Commonly: garlic powder, lemon pepper
3. Mix well with a wooden spoon.
4. Add more mayonnaise if needed.
5. If too moist, crumble, and add a few gluten free crackers until moisture level is correct.

**Cook Temperature: None**

**Cook Time: None**

**Servings: 4**

**Storage Solutions: Square containers in individual servings**

Counter safe: 30 minutes and place in the fridge

Fridge safe: 3 to 5 days \* Per FDA Storage Chart link in Resources

Freezer safe: Don't freeze \* Per FDA Storage Chart link in Resources

**Reheat Instructions:**

Allow to warm on plate for 3 to 5 minutes before eating.